

Abstract

Title: Using of compensation exercise in young ice hockey players

Objectives: The main objective is to highlight the lack of compensatory exercise during the training process of junior ice hockey players and suggest improvements to this condition.

Methods: Supporting documents were obtained from certified sources and quality of literature or web sites relating to information about ice hockey, the system of human motion, sports training and compensatory exercises. The practice was acquired by consultation, analysis, observation and measurement.

Results: Analysis of the training plan of young adolescents HC Star Prague players found significant training load without adequate compensation. The proposed solution was inclusion training unit based on some of compensatory movements. To evaluate the effect of the proposal carried out a series of measurements of selected muscles shorten players.

Keywords: ice hockey, youth, the system of human motion, sports training, compensatory exercises, training unit, load